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congressman
ROBERT BRADY
serving pennsylvania's first district

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The Brady Brief - Flu Season Information

Dear Friend,

Flu season is here, so it is important to take preventative measures and protect our families from this serious and highly contagious disease. Vaccination is the best protection against contracting the flu, and it is recommended that everyone six months of age and older be vaccinated against the flu as soon as the 2010-2011 season vaccine is available.

The Centers for Disease Control (CDC), recommends a yearly flu vaccine for everyone as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. The 2010-2011 flu vaccine will protect against three different flu viruses: an H3N2 virus, an influenza B virus, and the H1N1 virus that caused so much illness last season. Getting the flu vaccine soon after it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.

There are also some simple steps you can take to ensure that you and those around you stay healthy this time of year. This includes washing your hands often with soap and water, avoiding touching your eyes, nose or mouth, and avoiding close contact with those who are sick. For more information about influenza and the flu vaccine, please consult the following webpage: <http://www.cdc.gov/flu/> or call the Pennsylvania State Department of Health at 1-877-PA-HEALTH.

I hope you find this information helpful, but should you have questions about flu season or any other issue, please contact any of my offices.

Sincerely,



Robert Brady
Member of Congress

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